BENEFITS OF SERVICE
- Increased sense of purpose and social connection
- Improved mental and emotional well-being
- An enhanced sense of giving back
- Experiential learning

TYPES OF SERVICE
- Direct service is important (examples include working in a food kitchen or picking up garbage)
- Community service can cover a much larger range of activities, allowing individuals to create bonds while giving back to the community

SERVICE AND YOU
- Service can provide a way for you to identify your talents
- Service allows you to be creative and connect with others:
  - Care packages for service workers, veterans, hospital patients, etc.
  - Creating cards or drawings for service workers, veterans, hospital patients, etc.
  - Baking for the homeless, service workers, veterans, hospital patients, etc.
  - Collecting items for foster centers, schools, people in need, etc.
GETTING STARTED
Determine where you would like to spend your time and energy by completing the form below:

**What do you care deeply about? What are your passions?** *(Circle all that apply.)*

- Literacy
- Community
- Food Security
- Armed Forces
- Poverty
- Animals
- Homelessness
- Social Justice
- Arts
- Security
- Seniors
- Health Care
- Mental
- Children
- Environment
- Other: __________________________

**What are your skills and talents?** *(Circle all that apply.)*

*You can provide a skill or service remotely when possible.*

- Finance
- Education
- Travel
- Sports
- Spreadsheets
- Fashion
- Science
- Editor
- Artist
- Chef
- Sewing
- Dancer
- Politics
- Writing
- Hospitality
- Marketing
- Actor/Drama
- Fundraising
- Photography
- Architecture
- Massage
- Carpenter
- Engineering
- Nutritionist
- Grant Writing
- Technology (IT)
- Music
- Research
- Moderator
- Design Thinking
- Administration
- Conflict Resolution
- Problem Solving
- Other: __________________________

**List your top passions**

1. __________________________
2. __________________________
3. __________________________
4. __________________________

**List your top skills and talents**

1. __________________________
2. __________________________
3. __________________________
4. __________________________

**What will you do in the next 30 days to commit to your community?**

________________________________________________________

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**VOLUNTEER:** 
- [ ] One-time event
- [ ] Ongoing/remotely
- [ ] Ongoing/on-site
- [ ] Weekly
- [ ] Monthly
- [ ] Other: __________________________
OPPORTUNITIES
Visit the websites below to connect with opportunities in your area. These sites offer a variety of resources and ideas for direct service, skill-based service, group service, teaching, leadership and scholarships:

**VolunteerMatch** lists a variety of opportunities based on skills, interest areas and location.

**generationOn** equips and mobilizes millions of children to take action that is changing the world, where we all make a difference and participate in creating a healthy community and society. This site offers opportunities for individuals, children and work groups both in-person and remotely.

**All for Good** is a digital hub for volunteerism and community engagement by simply entering your zip code. This site offers opportunities for individuals in-person/remote, workgroups and children.

**Hands on Bay Area** lists opportunities for children including resources, camps and even scholarships.

**Doing Good Together** sends monthly opportunities in your area and also houses listings and a blog. Check out the dropdown options to see all the amazing suggestions and resources. This site offers opportunities for individuals and children in-person and remotely.

**Project Giving Kids** lists opportunities in the South Bay and Peninsula on specific areas of interest for children, teens and families, including an app (**Give Back App**) to find service opportunities.

<table>
<thead>
<tr>
<th>Websites (Search by zip code)</th>
<th>Individual</th>
<th>Skill-based/Remote</th>
<th>Workgroups</th>
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**ADDITIONAL IDEAS:**
- **Color a Smile** (art for those in need)
- **Box Project** (care packages)
- **Project Linus** (blankets for kids in need)
- **Cards for Kids** (cards for kids in the hospital)
How to get started in service?

Determine where you would like to spend your time and energy. Have all your family members/co-workers complete a form to help guide your decision-making process.

**What do you care deeply about? What are your passions? (Circle all that apply.)**

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**What are your skills and talents? (Circle all that apply.)**

*You can provide a skill or service remotely when possible.*

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**List your top skills and talents**

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**What will you do in the next 30 days to commit to your community?**

__________________________

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“The greatness of a community is most accurately measured by the compassionate actions of its members.”

– CORETTA SCOTT KING